

THE BROKEN RECORD Technique

5A1

(Sounds worse than it is)

This technique of repeating a request is useful when dealing with authorities or strong personalities that either don't hear what we are saying or don't see the advantage of helping us out.

It consists of repeating a request, not in a nagging or accusatory manner but as a genuine request. While speaking respectfully we keep asking as if we haven't asked before until we are sure the other person has heard and understood what we are asking (it is good to assume the person will help us if they can, but not to be surprised if they just do not want to)

Having to repeat our request in a respectful and firm manner takes energy that's why it's valuable to assess whether our need or want is important enough for us to bother. Perhaps our energy could be spent better elsewhere, but if it's important then we need to apply ourselves and start the process

PAUSE and write down something that's important to you that you'd like to pursue

Think about/write down who you need to ask or what you need to do to make it happen

Write down a plan of when and how to start this process

If possible/necessary roleplay with another person taking turns to practise the 'broken record' technique- using your own or one of the situations below to practice the skill.

THE BROKEN RECORD Technique through ROLE-PLAY

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SITUATIONS TO PRACTISE

One person asks using this repetitive but courteous formula while the other person acts resistant but open to listening and agreeing to give the person what they want.

- You'd like your family to go on a holiday somewhere
(you ask while the other person pretends to be your mum, dad or whoever you need to ask)
- You apply for a job and you really want it
(you ask/convince while the other person plays the 'boss' of the place)
- You want to get on a sports team
(you ask while someone plays the coach or whoever it is you need to ask)
- You are on a particular diet and order something different than the menu card in the restaurant but they are proving awkward
- You are at a market and really want a particular item but it is too expensive for you so you are asking for a more affordable price
(remember people may not always say yes but at least if you try, you know that you were honest about what you'd like or wanted).
- You need help with your schoolwork to pass your exams
- You want time off to organise a charity event
- Make up your own situation where you keep asking for what you want without nagging, with respect as if you didn't ask before- assuming that the person wants to help if they can.